Heavy Knits and Rib Knits

By: BurdaStyle

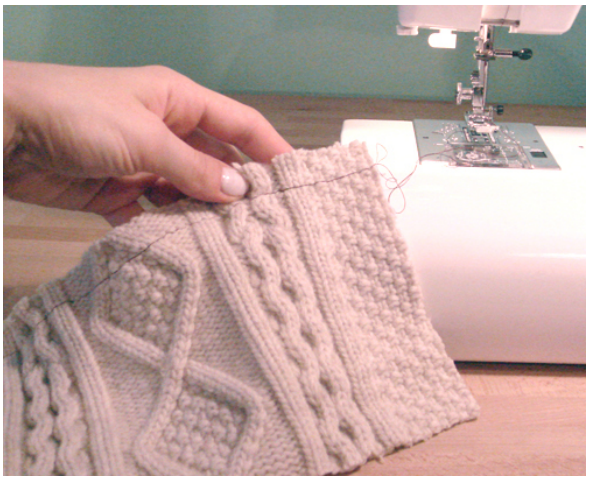
http://www.burdastyle.com/techniques/heavy-knits-and-rib-knits

Here we explain how to make sure heavy knits donât stretch out when you are sewing them, as well as compensate for heavy stretchy rib knits. We demonstrated here using the Amy S. knit hoodie sleeve and cuff pattern pieces.

Step 1

First you will cut your pattern pieces. For an easier demonstration, we used only a quarter of the regular sleeve length.

Step 2

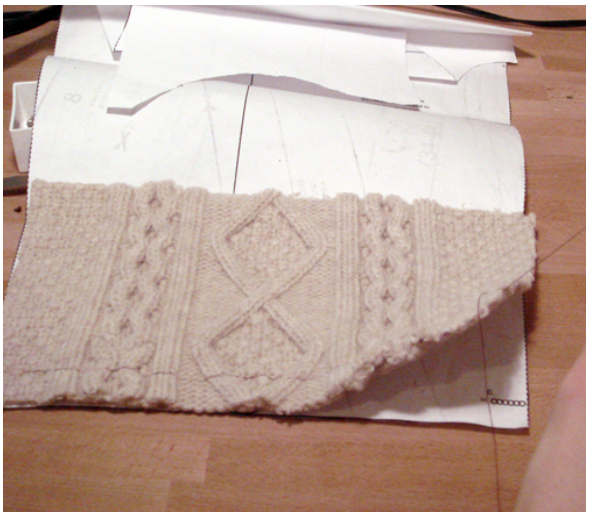


Use a larger needle, 90/14, and set the stitch length between 3 and 4. Sew a basting stitch directly along the seam allowance.

Step 3

Place the piece back onto the pattern to make sure it hasnât stretched out.

Step 4



If your piece has stretched, gently pull the bobbin threads to guide the fabric back to its original size, then tie off the ends.

Step 5

Stretch out the cuff to check the give of the rib. As you can see, when this rib is stretched, it is much bigger longer than the sleeve hem. We need to compensate for this by shortening the rib knit cuff.

Step 6

It should look more like this.

Step 7

You can test this by stretching out the cuff to match the sleeve, or by measuring it on your wrist, finding the comfortable stretch for your wrist.

Step 8

You will then sew your sleeve cuff together in a long tube, matching up the ribs, so you get an even stitch.

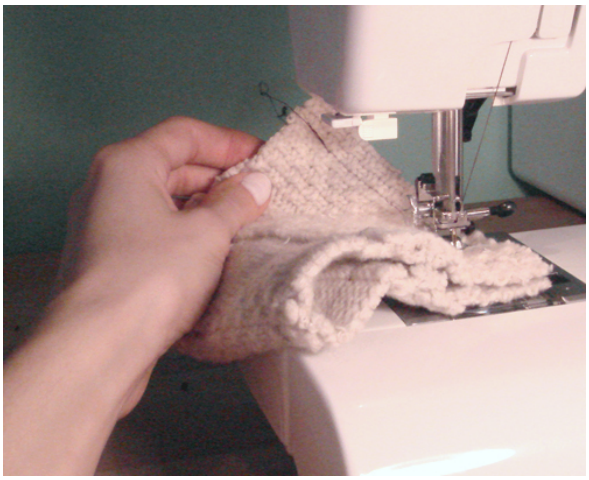
Step 9

Stitch, watching carefully that your needle stays along the rib line you are sewing, another tricky thing with heavy rib knits.

Step 10

Iron your seam open.

Step 11



You will then sew your sleeve together.

Step 12

If you have a serger, serge your sleeve seam allowance.

Step 13

Now, back to our cuff. Here, you can see how nice and neat it looks if you sew right along one of the ribs.

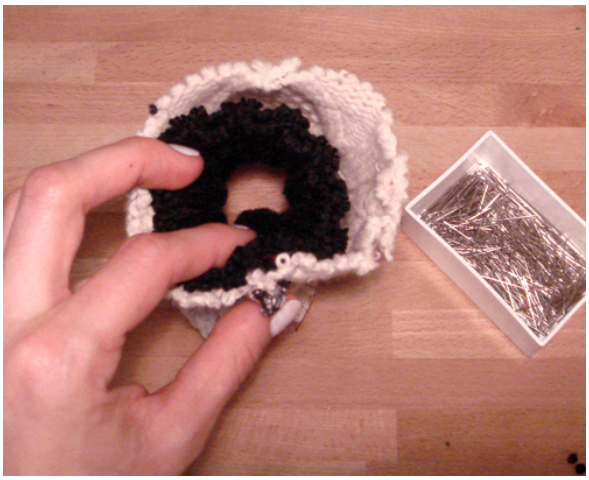
Step 14

Fold your cuff over, turning right sides out.

Step 15

You now have your sleeve and cuff ready to be sewn together.

Step 16



With your sleeve turned inside out, you will pin the cuff inside the sleeve.

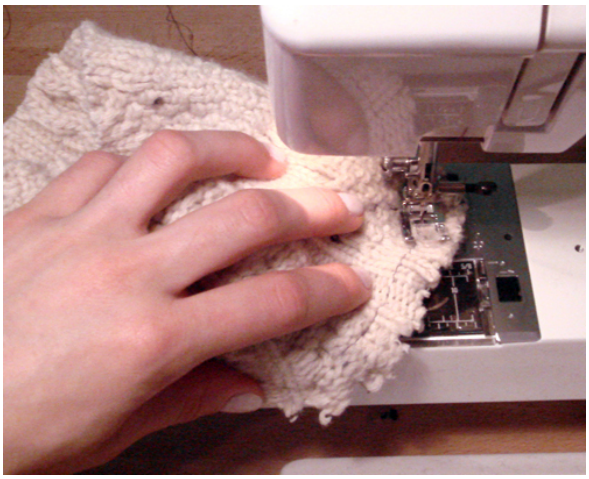
Step 17

Starting by matching up and pinning up your two seams.

Step 18

You will stretch the cuff out to evenly meet the middle of the other side of the cuff and pin. You will then do the same to the other side and keep stretching and moving around the cuff until it is evenly pinned.

Step 19



Stitch the cuff to the sleeve removing the pins as you go.

Step 20

Next serge the seam allowance.

Step 21

Youâre done sewing your cuff to your sleeve and it should look something like this.

Step 22

Place the sleeve on your ironing ham and iron down the seams.

Step 23

Flip your sleeve inside out.

Step 24

Your finished heavy rib knit sleeve and cuff.